

# Your right to make choices about food, drink and your dining experience in residential aged care



**You have the right to make choices about your life in residential aged care. This includes what you eat, drink and your dining experience.**

**The Aged Care Quality Standards state that you can make informed choices and live the life you choose.**

## You can choose:

- ✓ When to eat
- ✓ Where you eat
- ✓ Who you eat with
- ✓ What you eat and drink
- ✓ How much you eat and drink
- ✓ How you eat and drink
- ✓ To make cultural and religious choices about food, drink and dining
- ✓ Whether you have assistance and support.

- ✓ You can choose what to eat or drink even if you understand it is a risk to you.
- ✓ Your aged care team must give you information about the risk so you can make an informed choice.
- ✓ Your aged care team must respect and support your choices and decisions.
- ✓ You can change your mind at any time.
- ✓ If your choice is a risk to others, your aged care team will help you to find a solution that works for everyone.

## If you need help to make food and dining choices:

- Talk to your provider
- Phone the Older Person's Advocacy Network (OPAN) Support Line on **1800 700 600**  
8am – 8pm Monday to Friday  
10am – 4pm Saturdays
- Contact the Aged Care Quality and Safety Commission on **1800 951 822** or **agedcarequality.gov.au**.

 **Phone**  
1800 951 822

 **Web**  
[agedcarequality.gov.au](http://agedcarequality.gov.au)

 **Write**  
Aged Care Quality and Safety Commission, GPO Box 9819, in your capital city

